



Fayette County School System Trend Report CSH Overview Summary

The following information is a summary of CSH activities and accomplishments since the formation of CSH in 2007-2008 for the Fayette County School System.

CSH Infrastructure Established

An infrastructure for CSH has been developed for Fayette County School System that includes:

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| ➤ School Health Advisory Committee | ➤ SADD |
| ➤ School Health Council | ➤ UT Ag. Extension Agency |
| ➤ County Health Council | ➤ Tennessee Disability Coalition/ West TN Region |
| ➤ Ten Healthy School Teams | ➤ Tennder Care EPSDT Program |
| ➤ WIA/ISY Youth After School Group | ➤ Fayette Cares |
| ➤ United Healthcare | ➤ Fayette County Health Department |
| ➤ Well Child, Inc. | ➤ School Health Policies strengthened include the mental health policy and the wellness policy |
| ➤ West TN Area Health Education Center | ➤ Total amount of grant funding and in-kind services/materials secured by CSH to expand school health capacity for our LEA totals \$63,700.00 |
| ➤ Children and Family Service, Inc. | |
| ➤ Alliance For A Healthier Generation | |

Community partnerships have been formed to address school health issues. Current partners Include:

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| ➤ Well Child, Inc. | ➤ United Healthcare |
| ➤ Children and Family Services, Inc | ➤ Value Options, Putting People First |
| ➤ Area Health Education Center | ➤ LeBonheur Community Outreach |
| ➤ Tennder Care | ➤ Methodist Healthcare |
| ➤ Dynamic Dietetics | ➤ Fayette Cares |
| ➤ Memphis Grizzlies | ➤ Alliance for a Healthier Generation |
| ➤ UT Ext. Agency | ➤ ISY/WIA In School Youth Program |
| ➤ Fayette County Health Council | ➤ Family Consumer Science |
| ➤ Fayette County Health Department | ➤ Tennessee Department of Health |
| | ➤ Tennessee Disability Coalition West TN Region |

Parent and Student Involvement Developed

Over 100 to 150 parents are involved in numerous CSH activities such as the PTO, faith based organizations, School Health Week, Breast Cancer Awareness Month, Fitness Walks, Healthy Breakfast Day, Volunteer Health Screening Process and assistance on Healthy School Teams.

Students have been engaged in CSH activities. These activities include, Child Health Week, My Heart is In Your Hand, Tobacco Trunk Program, Healthy Living Day ISY/WIA Afterschool, Youth Drug Free Awareness Programs, Dr Healthy Hound promoting healthy eating and physical activity, Ollie Otter Booster and Seat Belt Awareness Program, Making Healthy Decisions Program with middle schools, Healthy Living Week, obesity brochures for K-5th graders, PTO meetings with parents and students, National Breakfast Week, prevention/safety education, Walking Works for Schools, newsletters on healthy eating, fire safety, health education programs for middle school students provided by West TN AHEC and SADD Sponsor, health screenings, Get Fit With The Memphis Grizzlies, diabetes program, bullying prevention, My Heart Is In Your Hand, internet safety, hand washing program, and anger management . Approximately 6500 students are partnering with CSH on health related issues.

School Health Interventions

School Health Screenings and Referrals to Health Care providers – 2007-08 1264 students screened/329 referred, 2008 – 09 1277 students screened /400 referred, 2009 – 10 1244 students screened/461referred, 2010 – 11 1198 students screened /487 referred, 2,416 students referred since inception, 4983 students screened;

Seventy-four percent of students returned to class from school nurses – 16,907 students who saw nurse/ 12,577 returned to class, optional dental screening 1298 students;

BMI trend from inception of CHS shows decrease in obesity from 31% to 27%, over weight from 50% to 45%, normal weight increased from 48% to 52% following a 1% difference in total number of underweight students.

The CSH initiative has purchased many items to enhance school health efforts. Example of items purchased include Michigan Model curriculum, Take 10! curriculum, salad bar equipment and materials, computers, printers, nurses growth charts, weight scales at each school, equipment for physical education classes, exercise balls, stopwatches, two Dance, Dance Revolutions, CSH banners district wide, equipment for Tobacco Trunks, playground equipment, table tennis equipment, Wii Fit exercise program for elementary schools, substitute teacher, phone services, printer ink, paper, and office shredder.

Professional development has been provided to school staff. Examples include TAHPERD Conference, Shelby County Schools professional development for PE teachers, Michigan Model professional development for counselors/PE teachers, school faculty and support, CPR training available to staff, free flu shots, health screening for teachers, breast cancer awareness, Biggest Loser Contest For Teachers, staff wellness newsletters, afterschool walking programs, salad bars/ middle schools and high school.

Specific interventions has been made in the following areas to address childhood obesity and behavioral health issues:

- Health Education Inventions – Guest Speakers, Health Career Exploration, Self Exploration, College Preparation for Careers In Health, Funding Health Careers, Summer Internship Opportunities, Health Education/Wellness Classes, PE/Health Ed Elementary Schools, Tobacco Trunk Program/ Smoke Free Education, TN Health Education Standards, Michigan Model Curriculum, Teen Pregnancy Summit, Girl Talk Sessions, Healthy Relationships, Health Standards
- Physical Education/ Physical Activity – includes Blue Cross Blue Shield Walking Works Program, Physical Education Taught District Wide, Fuel Up To Play 60, Mile Walk/Run, Get Fit with Dr Healthy Hound, Get Fit With the Memphis Grizzlies, Field Day, Sporting Events, Fitness with Wii Fit, Dance Dance Revolution Activity, Jump Rope For Heart Activity, Walking with Superintendent Day, Fitness Challenges, Relay Activities, Volleyball Tournaments, Softball, Basketball, Elementary Track Program, and Guest Speakers On Physical Activity;
- Nutrition Inventions – Healthy Living Week, Child Health Week, Salad Bars/Middle and High School, Dietitian for District, Healthy Living Day, Healthy Food Demonstrations, Yogurt Served in Cafeteria, Oatmeal Served, Taste Testing, What's Healthy and What's Not, Baking Foods in Cafeteria, Water Served, 1% Milk Served In Cafeteria, Dr Healthy Hound/ Nutritional Education, Nutrition Education Provided To Faith Based Organizations, and Nutritional Strategies with Community Partners;
- Mental Health/Behavioral Health – memorandum of understanding (MOU) for mental health and a strengthened mental health policy.
- Additional health interventions have taken place since CSH has been active in the Fayette County School System include:

2007-2008

Orientation of CSH to staff and parents
Health screenings grades 2,4,6,8, 9th graders
Well Child Health Screening
Hearing, BMI, blood pressure, dental screening performed
Received tobacco grant
Healthy eating demonstrations/fitness
Dental survey
Newsletter for staff
Lebonheur Community Outreach
Healthy Schools Teams
Flu shots offered to staff by nurse
90 min. physical activity law implemented
Partnered with West TN Health Agency
Nutritional health awareness
Get Fit With Memphis Grizzlies fitness/nutritional program

Partnered with UT Agricultural Extension Agency
Fayette County Health Department
School Health Index
Walking Works for Schools with one school participating
Partnership with health council
Get Fit TN
Health equipment placed in some school
Tennercare Program

2008-09

90 min physical activity implemented district wide
Health education
Flu shots offered to students and staff
Health screening
Well Child health screenings
Healthy Food Demonstrations
MARSA information/ staff and parents
Proper hand-washing
Tobacco Trunk Program
Staff newsletters
Cover Kids
Dental Survey elementary schools
Nutritional awareness
Walking With Director of Schools Day
Guest speakers on health issues
Get Fit With Memphis Grizzlies/ Fitness and Nutrition
Website available for students Grizzlies organization
Healthy School Teams
School Health Index
Nutrition education program
Mile/Walk Run

2009-2010

Nutrition and wellness newsletters teachers and students
Diabetic training for students
Wellness newsletters to Central Office staff
Physical Education district wide
Walking Works Blue Cross/Blue Shield
Jump Rope For Heart
Salad Bars in high school/ middle schools
Child Health Week district wide
Mayor signs Proclamation for Child Health Week
Seat Belt and Booster Seat Program elementary schools
TN health standards
Flu shots for teachers
Dance Dance Revolution Fitness in schools
Baked food In cafeteria
Infectious control wellness class

Body Talk/ Girl Talk middle schools
President Fitness Challenge
HIV/STD'S Awareness afterschool youth group
Wii Fit fitness program
CPR classes for staff
School health screening
Dietitian for district
Healthy Living Day
Pilot Program Dr Healthy Hound physical activity students and snacks
Fruits served everyday
Counselor educate parents on healthy food choices
Breast cancer awareness program
CPR classes for district staff
Asthma training
Cyber bullying physical/ mental
Mock crash car scene/ seat belt safety
Fire and disaster training
Conflict awareness
New immunization requirements
Gun safety presentation @ Jefferson Elementary
Healthy relationships/ friendships classes
Drug and alcohol abuse
LeBohneur Mission Good Health Truck
Dental sealant program
Flu awareness H1N1 Fayette County Health Department
Safe playgrounds
Food Fiesta/ Healthy Food Day
Fuel Up Play 60 Physical Activity
Weigh scales district wide
Health conference PE teacher
Hoops For Haiti Earthquake Fundraiser
YRBS

2010-2011

Fresh Fruit and Veggies Grant
Biggest Loser Contest staff
Child Health Week
District School Health Week
Alliance For Healthier Generation In Service Health and PE
Dr Healthy Hound district wide
PE/PA 100% compliance
Partnered with United Healthcare
Pilot introduction to health careers @ middle schools
West TN AHEC and SADD Pilot Health Career Program For Middle Schools
Faith based organization community awareness on childhood obesity
Educate after-school youth group on childhood obesity
CSH Dietitian present on healthy living day
Blue Cross/ Blue Shield Walking Work Program
Fuel Up to Play 60
UT Ext Power U Healthy 4th graders

Employee newsletters
Staff fitness walks
Let's Move In TN
Community awareness present to women's group
Diabetic training for students and staff
Breast cancer awareness program district wide West TN AHEC
Holiday food safety awareness
Get Fit Day with Dr Healthy Hound
Ollie Otter Seat Belt and Booster Seat Program
Cold and flu prevention students and staff
PTO healthy food demonstration night

In such a short time, CSH in the Fayette County School System has made significant contributions to the well-being of our students and staff which in turn has addressed numerous non-academic barriers to student academic achievement.

For more information concerning Coordinated School Health (CSH), please contact the Coordinator.

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